

ABSTRACT

It is intended to provide a coating fat composition for a food to be cooked and a process for producing a cooked food whereby a fried-like food can be obtained by a simple cooking procedure without frying in oil and thus problems accompanying the frying procedure such as worsening of the working environment and waste oil disposal can be solved. That is, the present invention provides a fat composition for coating a food to be cooked which comprises a fat and an agent for reducing the contact angle of the resulting fat composition to 0.7-times or less the contact angle of a fat having nearly the same slip melting point as the composition, wherein the contact angle is measured at an ambient temperature (in the case of the composition being liquid at ambient temperature) or at a temperature 10°C higher than the slip melting point (in the case of the composition being semi-solid or solid at ambient temperature); and a process of producing a fried-like food which comprises coating the surface of a food with the fat composition for coating a food to be cooked and then subjecting the food to radiation heating or superheated steam heating.